



# The Southwester

www.swdc.org

Serving the Southwest and Capitol Riverfront Communities

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September 2010

Circulation 12,000

FREE

Published by The Southwest Neighborhood Assembly, Inc. —a 501(c) (3) charitable and educational corporation. Send messages to [thesouthwester@yahoo.com](mailto:thesouthwester@yahoo.com)

## Local Green Spaces Take Root

By The Southwester Staff

Southwest is often described as a neighborhood that resembles a park, due to the configurations created by the International style of architecture and urban planning in the quadrant. Wide walled off set-backs and inward-facing buildings left areas that can indeed be likened to parkland.

But true parks are scarce in Southwest.

Recently, public and private collaboration has been responsible for a rebirth of sorts of some of our local parks. This summer alone brings two “reincarnations,” a grand opening, and a groundbreaking for the lovers of local open green space: 7<sup>th</sup> Street Landing, Town Center Park West, The Yards Park, and Canal Park. We hope that these endeavors help to further embellish the revitalizations of Southwest and Capitol Riverfront, as well as contribute to the overall health and wellbeing of all residents. The projects have been joint efforts of the District of Columbia with developers, the Capitol Riverfront BID, and in one case, with local residents.



One of the mock islands at Town Center Park West

Please see pages six and seven for details on all four of the projects.

## YATF Visits the World Bank

Although Murphy’s Law was in effect during the transportation and cancellation of six students at the last minute, 10 energetic Southwest Neighborhood Assembly Youth Activities Task Force (SWNA – YATF) students ages 10-14, three chaperons and a photographer recently spent a full day at the World Bank. Greeted by LaTonya Sellers, an assistant treasurer, and Bertha F. Wilson, secretary of the World Bank Group-IMF African-American Association, the students were anxious, polite and acting on their best behavior.

The group’s first stop was clearing security which was an experience in itself, as the students passed through the magnetometer and then were photographed to receive their ID badge. As they swiped their IDs on the scanner, their photos appeared on the camera, which they found amusing. Fascinated by the technology, the security staff seemed almost ready to just let the students go through, as they were holding up the line while trying to see their pictures on the camera (kids will be kids).

Next, they visited the 13<sup>th</sup> Floor where they were warmly welcomed by Ian Solomon, the United States Executive director to the World Bank, who was recently appointed to that position by President Barack Obama. This stop set the tone for the day. Solomon, in a youth-friendly fashion, explained his role and the World Bank’s mission, using a simple diagram which he drew on the board, prompting a round of interesting questions.

Half and hour later, the students were enjoy-

ing the beauty of the World Bank’s Atrium, including learning about and studying the details of “Sightless Among Miracles”, a lifelike bronze statue which was in honor of a joint effort by the World Bank and a host of other organizations to eradicate onchocerciasis, or river blindness, a debilitating disease robbing people not only of their sight but often their livelihood. River blindness is transmitted by the bites of small black flies that breed in rapidly flowing streams and rivers. The statue depicted a young boy leading an elderly blind man with a stick, a common scene in West Africa when the disease was rampant.

The students then enjoyed a mid-morning snack before heading across the street to the highly-secured Computer Room in the lower level of the Bank’s H Building. The students could identify with this, as most of them had either completed or are currently enrolled in YATF’s Computer-for-Kids Computer Training Program. World Bank Information Specialist Angelo Coleman conducted the tour of the Computer Room which was arranged by his colleague Gerald Brown, Information Analyst, who is also the senior instructor for YATF’s Computer-for-Kids Computer Training Program, having joined the program from its inception in October 2007.

By then, the students were anxious to know the details about lunch. Although YATF Chairperson Saadia Athias, Thelma Jones, and Bertha F. Wilson tried to entice the students with the array of international cuisine, they opted for the pizza

Continued on Page 3

## 9<sup>th</sup> Annual D.C. Jazz Preservation Festival

By Brian Hamilton

Southwest Renaissance Development Corporation and Westminster Church are thrilled to announce this year’s annual all-day, admission-free, authentic straight-ahead Jazz Festival in Southwest at Westminster Church, Fourth and I streets, SW and the adjacent lot to the south. This exciting event features many D.C. area jazz legends, top locally and nationally known artists including Buck Hill, Paul Carr, Marshall Keys, Arnold Sterling, Steve Novosel, Michael Bowie, George Botts, Butch Warren and many others.

The day will be marked by great D.C. jazz along with good food and arts and crafts for sale with a wonderful opportunity to gather, listen to and talk about jazz and its preservation in the nation’s capital. This Festival is an important part of the Jazz Night program at Westminster that has presented weekly jazz performances for nearly 12 years every Friday evening at 6 p.m. It has always been a highly affordable and accessible experience; the weekly admission is still only \$5.

The delicious fish-fry dinner adds another aspect of comfort and community to the warm, welcoming gathering that assembles each week. Jazz Night includes other special events, educational programs like the bimonthly “Thinking About Jazz” series focusing on important topics and innovators in American jazz, outreach efforts like “Community Connections” which



Buck Hill performs at last year’s Jazz Preservation Festival

takes musicians to senior centers, nursing homes, schools and other places to share the power of this great and uniquely American art form. All these elements have grown over the years surrounding the weekly performances to make Jazz Night a distinct institution in our town specifically dedicated to the celebration and preservation of D.C. jazz.

As part of the event, we welcome and encourage everyone to bring out their “Jazz memorabilia”, photographs, programs, newspaper and magazine

clippings and any other items which convey part of the legacy of jazz as practiced and experienced in the Washington, D.C. area. A great many wonderful stories will be told and memories rekindled. Food will be available for sale all day. Many vendors will be on hand to display and offer for sale books, records, jewelry, clothing, pastries, photography, paintings and a number of other beautiful things. More vendors are always welcome. Persons interested should call for additional information.

Southwest Renaissance Development Corporation has sponsored the weekly Jazz Night program since January 1999. It has become an important cultural resource in our community and continues to grow in new and innovative ways. There is no rain date scheduled. In the event of inclement weather, the program will be taken inside the Westminster Church, 400 I St. SW. For information, call 202-484-7700 or 202-641.8220.

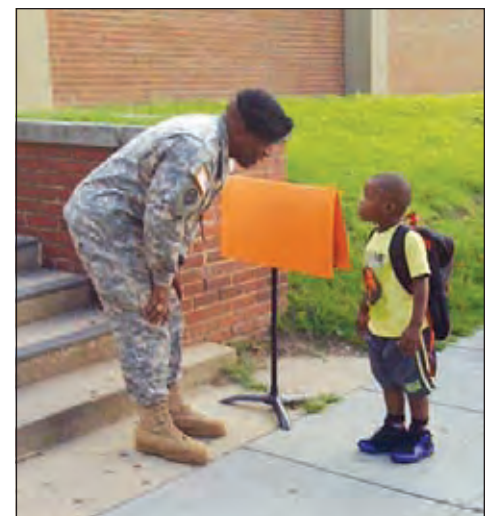
## First Day Celebration at Amidon-Bowen

By Meg Brinkman

We all remember the anticipation we felt on our first day of school, and it was no different for Amidon-Bowen students on August 23. Members of the community met the children on the school’s front steps to dispel some of those “first day” fears and reinforce the importance of education to each student.

Community supporters included Joint Base Ft. Myer-Henderson Hall, the Nationals Baseball Club, the Southwest Neighborhood Assembly, the Metropolitan Police Department, Friendship Baptist Church, PotBelly Sandwiches, Safeway Stores and Councilmember Tommy Wells.

Parents were treated to breakfast supplied by PotBelly and Safeway and had an opportunity to chat with Romaine Hart Cooper, current president of the Amidon-Bowen PTA.



Command Master Sergeant Varner gives a special welcome to an Amidon-Bowen student



## Arena Stage Needs Your Help

Mayor Fenty's Special Events Task Group has granted Arena Stage conditional approval to close Sixth Street SW in front of its new building for a reopening celebration on Saturday, Oct. 23 from midnight to 11:59 p.m. Arena is required to secure written consent from impacted businesses and residents within 500 feet of the event zone. Please be advised members of Arena staff and community leaders will be canvassing the community to collect signatures to approve this street closure. If no one is home, a signature form will be left for you to return to the theater as soon as possible.

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## Government and Community Organizations

# What to Expect at the Polls on Primary Day

## Candidates on the Ward 6 Primary Ballot

**D - Democrat**  
**R - Republican**  
**G - Statehood Green Party**

## Delegate to the United States House of Representatives

D - Douglass Sloan  
D - Eleanor Holmes Norton  
R - Missy Reilly Smith  
G - Natale (Lino) Nicola Stracuzzi  
G - Rick Tingling-Clemmons

## Mayor of the District of Columbia

D - Vincent C. Gray  
D - Ernest E. Johnson  
D - Leo Alexander  
D - Sulaimon Brown  
D - Adrian M. Fenty  
G - Faith

## Chair of the Council of the District of Columbia

D - Vincent Orange  
D - Kwame R. Brown  
D - Dorothy Douglas  
G - Ann C. Wilcox

## Ward 6 Member of the Council of the District of Columbia

D - Kelvin Robinson  
D - Tommy Wells  
R - Jim DeMartino

## At-Large Member of the Council of the District of Columbia

D - Michael Brown  
D - Phil Mendelson  
D - Clark Ray  
G - Darryl L. C. Moch  
G - David Schwartzman

## United States Shadow Representative

D - Nate Bennett-Fleming  
D - Mike Panetta  
R - Nelson Rimensnyder  
G - Joyce Robinson-Paul

## Spotlight on Ward 6 Candidates

### Tommy Wells - Democrat for City Council

Current Ward 6 Council Member Tommy Wells has also served on the ANC and D.C. Board of Education. According to the District of Columbia Voter Guide for the Primary Election, Wells believes in expanding transportation options, insisting on educational excellence, creating and preserving neighborhood amenities, cultivating safe and diverse communities, protecting the environment, and promoting sustainable growth.

### Kelvin Robinson - Democrat for City Council

Kelvin Robinson is former Chief of Staff to former D.C. Mayor Anthony Williams as well as former ANC Commissioner and Chair. According to the District of Columbia Voter Guide for the Primary Election, Robinson pledges to fight to improve Ward 6 schools and recreation centers, reduce juvenile crime, provide job-skills training and encourage community dialogue to facilitate smart development.

### Jim DeMartino - Republican for City Council

Jim DeMartino is a former U.S. Marine Corps Officer and current member of the D.C. Cooperative Housing Coalition. According to the District of Columbia Voter Guide for the Primary Election, DeMartino advocates for school choice and expanding the educational opportunities for all children. He supports an accountable education system and effective skills training for adults.

## Shadow Representation Explanation

The District of Columbia has two elected Shadow Representatives who each serve two years, a Shadow Senator and Shadow Representative. These elected officials are neither paid nor do they have voting rights in Congress (or any other congressional duties). Rather, they are spokespeople for the rights of the District, including statehood and voting rights. This is not to be confused with the Delegate to the United States House of Representatives, a paid, full-time, non-voting delegate to the U.S. House of Representatives. Up for election this year is Shadow Representative.

## The Role of Chair of the Council

According to the DC Council website, www.dccouncil.us, the Chair of the Council is the chief executive officer of the Council. He or she is a voting member of all standing committees of the Council. The Chair is elected at large (from any Ward) to a four-year term of office. It is the responsibility of the Chair of the Council to assume the role of Mayor if that office becomes vacant.

## A Definition of An At-large Council Member

Four members of the DC Council and the Council Chair are considered At-Large Members. Registered voters in all Wards vote for these candidates. As a result these positions are not tied to a single Ward but rather represent the residents of the entire District.

# The Southwester

Circulation – 12,000

Contact The Southwester by e-mail at [thesouthwester@yahoo.com](mailto:thesouthwester@yahoo.com) for questions and to send materials and advertisements.

Advertisers will be invoiced for payment. Remittance address for ad payments only is:

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P.O. Box 70131

Washington, DC 20024

To contact the Southwest Neighborhood Assembly, Inc., please leave a message at 202-554-8560.

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## City Unveils New Voting Machines

District residents voting in the upcoming primary – whether doing so on Sept. 14 or early at an in-person location – will have the option of trying out new voting machines that the city has just purchased. The ES&S iVotronic allows voters to enter their preferred candidates on a touch screen, confirm on-screen that their choices are correct, and click a “vote” button to cast their ballots. Paper records are kept for later auditing. For those citizens who’d like to take a more traditional approach on Election Day, old-fashioned paper ballots are still available.

## Last Minute Information to Help Primary Voters

By Michael Pyatt

Election time has come around once again. For the past few weeks the District of Columbia's Board of Election and Ethics has been mailing voter registration cards. If you haven't received yours in the mail, visit [www.dcboc.org](http://www.dcboc.org) to verify that you are a registered voter in the District.

Voters in the 20024 zip code who are not participating in early voting will vote at one out of two polling places. The first is King Greenleaf Recreation Center at 201 N Street, SW. The second is Friendship Baptist Church at 900 Delaware Avenue, SW. To check your polling place, either look on your Voter Registration Card or visit [www.dcboc.org](http://www.dcboc.org), click on the “Voters Information” tab, scroll down to “Find Your Polling Place”, enter your address, and click submit. Be advised: voters may only vote at the polling location where they are registered.

To vote in the primary DC residents must be registered with the Democratic Party, Republican Party or Statehood Green Party. The opportunity to change party status via mail ended on August 16, but voters have until September 13 to register in person at the Board of Elections and Ethics. Voters also have the opportunity

to register in-person on the day they vote, whether it is early or on September 14. Those wishing to register September 14 should go to the polling location in their precinct with a form of identification verifying their current residence. Acceptable ID forms include a valid or current photo ID; current utility bill; bank statement, government check or paycheck; or any other government document showing name and address.

Upon arriving to the correct polling place, voters should be aware of their rights. The District of Columbia Board of Election and Ethics states registered voters in the District of Columbia have the right to inspect a sample ballot posted in the polling place; vote in privacy at a polling place, regardless of physical disability; receive instructions on how to operate the voting equipment; bring voter information materials into the voting booth; take their time when voting; ask for and receive assistance in voting from anyone they choose including a pollworker; vote a Provisional Ballot if their name is not on the list of voters in your precinct; receive a new ballot if they make a mistake before casting their ballot; cast a ballot if they are in line when the precinct closes; vote free from threat or intimidation from election officials or any other person; and cast a ballot using voting equipment that accurately counts all votes.



## SEPTEMBER

**THUR. 9** 7<sup>th</sup> St Landing Opening Events (see programming on page 6)

**10 A.M.** AWI Transportation Day, 11th Street Bridges Project Office, 1301 M Street, SE.

**FRI. 10 – SUN. 12** The Yards Park Opening Events (see schedule on page 7)

**FRI. 10** 7:05 p.m., Nationals Home Game

**SAT. 11** 9 a.m. - 3 p.m. St. Augustine's End of Summer Fair, St. Augustine's Episcopal Church at 600 M Street, SW

**1:05 P.M.**, Nationals Home Game

**SUN. 12** 1:35 p.m., Nationals Home Game

**4 P.M.** Hazel M. Gardner Youth Talent Extravaganza, Second Baptist Church, 1200 Canal St. SW

**TUE. 14** Primary Election Day

**SAT. 18** 5 p.m. Singer/Pianist Bernard Mavritte in Full Concert, Second Baptist Church, 1200 Canal St. SW

**MON. 20** 7:05 p.m., Nationals Home Game

**TUE. 21** 7:05 p.m., Nationals Home Game

**WED. 22** 7:05 p.m., Nationals Home Game

**THUR. 23** 4:35 p.m., Nationals Home Game

**FRI. 24** 7:05 p.m., Nationals Home Game

**SAT. 25** Noon – 8 p.m. 9<sup>th</sup> Annual D.C. Jazz Preservation Festival, Westminster Church, 400 I St. SW

**1 P.M.** Kitchen Table Book Group, A librarian facilitated discussion of *The Lemon Tree* by Sandy Tolan. SW Library, 900 Wesley Place, SW

**1:05 P.M.**, Nationals Home Game

**SUN. 26** 10:45 a.m. Joslyn N. Williams

at Grounds for Discussion. (See article on page 10 for details.) St. Augustine's Episcopal Church at 600 M Street, SW

**1:05 P.M.**, Nationals Home Game

**4-7 P.M.** Swampoodle Book Launch. See article on page 5 for details,

**MON. 27** 7 p.m. SWNA Monthly Meeting, St. Augustine's Episcopal Church, 600 M St. SW

**7:05 P.M.**, Nationals Home Game

**TUE. 28** 7:05 p.m., Nationals Home Game

**WED. 29** 7:05 p.m., Nationals Home Game

## OCTOBER

**SAT. 2** 4 p.m. St. Augustine's Blessing of the Animals, St. Augustine's Episcopal Church, 600 M St. SW, 202-554-3222, rector@staugustinesdc.org

**MON. 4** 6:30 p.m. The Kiwanis Club of Southwest Waterfront introductory meeting, United Methodist Church, 900 Fourth Street SW. RSVP Linwood Watson (202) 581-8767

**7 P.M.** ANC6D Monthly Meeting, Augustine's Episcopal Church, 600 M St. SW

**WED. 6** 7 p.m. Meeting, Alcohol Beverage Control (ABC) Committee, ANC6D, King Greenleaf Rec. Center, 201 N Street, SW. Coralie Farlee, Chair, 554-4407, cfarlee@mindspring.com

## WEEKLY, BIWEEKLY

**THE KIWANIS CLUB** of Southwest Waterfront meets year-round at Christ United Meth-

odist Church, 900 Fourth St. SW, every first and third Monday from 6:30 p.m. to 7:30 p.m.

**THE SOUTH WASHINGTON** West of the River Fatherhood program will start their "Quenching the Father Thirst" sessions at St. Augustine Church, 600 M St. SW on Tuesday and Thursday evenings. The sessions provide a place for dads to talk, share and learn to improve relations with their wives and children. For more information call Alphonso Coles at 202-870-1885.

**SOUTHWEST SEWING GROUP**, Mondays, 9:30 a.m. - 2:30 p.m., St. Augustine's Episcopal Church, 600 M St. SW, contact Willie Mae Stukes, Sewing teacher, 301-445-1792. Open to all interested in working on their own sewing projects and updating their hand and/or machine sewing skills. Meets every Monday, except for July and August.

**SOUTHWEST RENEWAL AA** (Alcoholics Anonymous) group, Mondays, 8:30 p.m., St. Augustine's Episcopal Church, 600 M St. SW, 202-554-3222.

**SW FREEWAY NA** (Narcotics Anonymous) group, Wednesdays, 7 p.m. - 8 p.m., Westminster Presbyterian Church, 400 I St. SW, 202-484-7700.

**AARP-SOUTHWEST WATERFRONT, CHAPTER 4751** meets the third Wednesday of each month, except for June, July and August. River Park Mutual Homes Inc., Community room, 1311 Delaware Ave. SW. Founded in 1958, AARP is a nonprofit, nonpartisan membership organization that helps people 50 and over improve the quality of their lives. For further information, contact Chapter President Elger Offutt, ee.offutt@

comcast.net or 202-285-4677.

**HAND DANCING CLASSES**, (jitter bug, lindy hop). Saturdays, 12 noon-1 p.m. Classes by Markus Smith of Swing Anatomy Dance. \$10/class for adults, \$5/class for children ages 8-17. Christ United Methodist Community room off Wesley Place, SW.

**CHESS CLUB** in the main room of the SW Library, 900 Wesley Place, every Weds 7-9 p.m., for all levels, even beginners

**BLUES MONDAYS**, 6 p.m. - 9 p.m. Various blues musicians and singers featured each Monday. \$5, food for sale.

**WELLNESS WEDNESDAYS**, 4 p.m. Seated Yoga and Healing Sessions (Pamela Wilson and Riva Wine); 5:30 p.m. Laughter Yoga (Claire Trivedi), and 7 p.m., Sampoorana Yoga (Alex Rosen). Free, donations welcome.

**FRIDAYS, JAZZ NIGHT** in SW, 6 p.m. - 9 p.m. Various jazz musicians and singers featured each Friday. \$5, food for sale.

**FARMERS MARKETS** are open for business at three locations in the Southwest/Capitol Riverfront area. FRESHFARM Market is located at Health & Human Services headquarters at 200 Independence Ave. SW and is open on Wednesdays through the end of October from 2:30 p.m. - 6:30 p.m. The Capitol Riverfront Farmers Market takes place on Thursdays through the end of October at New Jersey Avenue SE and M Street SE from 3 p.m. - 7 p.m. The USDA Farmers Market is located on 12th Street SW and Independence Ave. SW and is open on Fridays through the end of October from 10 a.m. - 2 p.m.

**THE SOUTHWEST NEIGHBORHOOD** Assembly holds its monthly public meeting every 4<sup>th</sup> Monday at 7 p.m. at Augustine's Episcopal Church, 600 M St. SW

Please submit calendar items for September events by e-mail to [thesouthwester@yahoo.com](mailto:thesouthwester@yahoo.com) by Monday, September 20, 2010.

The Southwest Neighborhood Assembly has invited the principals of Amidon-Bowen Elementary, Jefferson Middle School, and the local charter schools, as well as their respective PTAs, to discuss education at the Assembly's next monthly meeting at 7 p.m. on Monday, September 27 at St. Augustine's Episcopal Church, 600 M St. SW

## YATF

From p. 1

and burgers. During the luncheon, Arleen Seed, Manager, Library and Archives, stopped by for an early greeting and indicated how much she and her staff were looking forward to welcoming them to the Library and Archives.

Slightly ahead of the schedule, YATF member Thelma Jones approached a Bank-Fund Staff Federal Credit Union table display and quickly asked Jan-Paul A. Kopinski, member relations associate, if he could do a brief presentation to the YATF students about the importance of saving and practicing good financial management. Kopinski not only obliged but also offered to conduct a presentation to the youth upon request at a later date.

"We enjoy doing these kinds of presentations to youth and would gladly tailor one to your students' specific ages and needs," said Kopinski. The students left as happy campers, having gained valuable information and literature as well as a hand full of goodies, including, a pen, water bottle, and other trinkets to their amazement. They later attempted to access the credit union's website during their evening computer class as a follow-up to the discussion.

Still filled with excitement from the generous Credit Union trinkets, the students visited the Library and Archives, located on the lower level of the Main Complex. Coordinated and led by World Bank Group Reference Archivist Bertha F.

Wilson, who skillfully elicited the assistance of her colleagues and manager, the staff seemed to enjoy the tour just as much as the students. Wilson explained the role of an archivist and the Library and Archives, including a tour of the vault which was freezing cold.

"It's important to keep it cool in here to help preserve the documents," said Wilson. Citing the extensiveness of the documents, Wilson informed the students that "If I laid out all of our documents, they would be seven times the height of Mt. Everest or the distance from the World Bank headquarters to Baltimore".

Even though the vault was freezing cold, it didn't affect the students when the Library staff surprised them with an ice cream social, and all kinds of trinkets, and a lovely canvass bag to store the items.

"We are just so pleased to have you here and really want to thank Bertha for her efforts, as it was her idea that she sold us on. You know, you're the youngest group to visit in the history of the World Bank Group's Library and Archives and we hope that you'll come back again," said manager Arleen Seed, "It was a pleasure having you." The students smiled and eagerly applauded.

*Thelma Jones, who retired from the World Bank after 33 years, coordinated the trip and contributed to this article.*

*Part 2 of this article will appear in next month's issue*



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## Education and Schools

# New Names, New Motto, New Attitude

By Meg Brinkman

Each class at Amidon-Bowen has adopted a new, more inspiring name to show their commitment to learning:

PK-K- Stars Academy

First Grade - Gifted Academy

Second Grade - Achievers Academy

Third Grade - Scholars Academy

Fourth Grade - Excellence Academy

Fifth Grade - Royal Learners Academy

Principal LaShanté Knight visited each classroom personally to ask students about what they believe others say about them and their school.

Their answer was discouraging: "We're bad, we're not smart," etc.

Knight told her students what she believes about them – that they are beautiful, capable

and talented, but the responsibility to prove it falls on them, though each adult at Amidon-Bowen is there to help them do it. Knight explained to each class that they were headed on a mission this year to prove wrong whoever says negative things about their school. They talked about how they plan to achieve this – by "Working Hard, Getting Smart, and Being Kind to Prove them Wrong," a phrase the students adopted as a new motto.

Children at Amidon-Bowen, from the smallest to the very grown-up fifth-graders, know that a number of people have expressed doubt in their capabilities. They are now challenged to use their innate gifts and potential that lies within them. Every day that they use those gifts and work to their potential, they are proving the naysayers wrong. It is the only way to do it.



From left to right: Ms. Pride, Ms. Wright, Ms. Rohan, Ms. Mitchell, Ms. Knight, ANC Commissioner Hamilton, and ANC Chairman McBee

## New Principals Tour Neighborhood

By Meg Brinkman

Several notable Southwesters treated Amidon-Bowen principal LaShanté Knight and Jefferson Middle School principal Patricia Pride – both new to the area – to a neighborhood tour Saturday, August 21.

Naomi Mitchell, Eve Brooks, Rhonda Hamilton, Ron McBee and Melissa Rohan guided Knight and Pride through the community, including visits to the Southwest Branch of the D.C. Public Library, the First District MPD Station located at the former Anthony-Bowen School, the National Food Bank at 100 N St. SW, the former Southwest Community House, Ft. Mc Nair and King Greenleaf Recreation Center, where a health fair sponsored by South

Washington West of the River Collaborative and Georgetown Hospital was in progress.

They also visited the resident council offices of Green Leaf Gardens Extension, Greenleaf Gardens Mid-rise, James Creek, Syphax Village, Tell Court Cooperative, St. James Cooperative Homes, Channel Square and the 1200 Delaware Senior Residence. Not to be missed was Friendly's Market, Schulman's Market, The Waterfront Day Care and the Syphax Community Center.

Both principals expressed appreciation for the opportunity to learn about the community they will serve, and voiced hope that a real working partnership can continue to grow between the schools and the community for the benefit of all our children.

## Back to School Fun Day

By Tamiaka Johnson

Due to recent economic conditions, back-to-school events have become an end-of-summer tradition for many families. In an effort to assist those in need, the James Creek Resident Council this year collaborated with local organizations to sponsor its annual Back-to-School Fun Day.

Despite the heat and humidity, over 250 adults and children from the Ward 6 community showed up at the King Greenleaf Recreation Centre in James Creek at noon on August 24. More than **550 free backpacks** filled with school supplies were given out to deserving students. The fun-filled schedule also featured a watermelon run-off, pie eating contests, prizes, moon bounce, physical fitness activities, music, and great food.

As an initiative of empowerment, the Back to School Fun Day served as a catalyst to assist with unifying the Ward 6 community for even greater self-advocacy and community revitalization. James Creek Resident Council is dedicated to improving the lives of children and adults their community. Whether they're providing

in-assistance to families in need or helping ex-offenders find and transition into jobs, their services help keep their community strong and their families empowered. This fundamental belief continues to be the motivation behind the programs and services offered by the James Creek Resident Council.

James Creek Resident Council would like to recognize the following organizations for their contribution in making the annual Back to School Fun Day a successful event:

South Washington West of the River Family Strengthening Collaborative (Brent Terry, acting executive director), UPO (Dianna Guinyard, DeAngelo Rorie, and Carlton Cooper), Department of Parks and Recreation (Stephanie Chew), Greenleaf Mid-Rise Resident Council President, Vicky Leftwich, James Creek Resident Council president, Barbara Wade, James Creek Resident Council vice president, Christine Spencer, and community coordinator Lenwood Coleman.

For more information about the programs and services offered by the James Creek Resident Council please contact Barbara Wade or Christine Spencer at 202-438-4300 or 202-479-0306.



VOTE FOR MELISSA  
ON NOVEMBER 2<sup>ND</sup>

Photo by Robert E. Hyman

Melissa  
**ROHAN**

DC State Board of Education Ward 6

Melissa Rohan has lived in Ward 6 for nearly 10 years, and her family currently resides in Southwest Waterfront. You can learn more about Melissa at [www.melissarohan.com](http://www.melissarohan.com) or email her at [info@melissarohan.com](mailto:info@melissarohan.com).

**EVERY CHILD DESERVES A CHANCE TO SUCCEED IN LIFE.**

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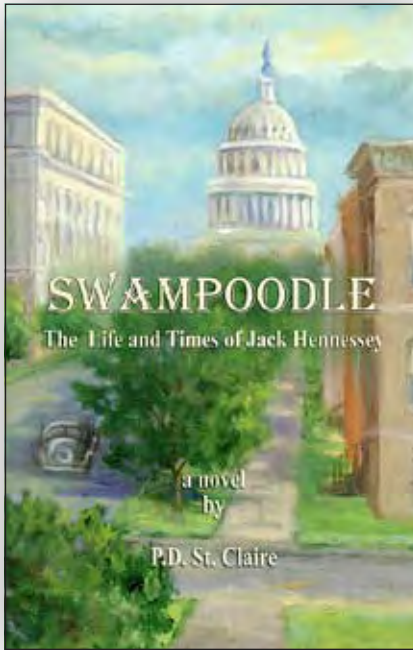
## New Name, Familiar Faces

The River Park Friends board of directors decided at its July 20 meeting to rename its organization the Friends of Southwest D.C. This name change will reflect the group's presence in the entire Southwest neighborhood, and remove the impression that it is affiliated with the residential co-op River Park Mutual Homes, Inc. The action was taken as a result of a poll of the nonprofit's donors, who overwhelmingly indicated a preference for the new moniker.

Incorporated in 1998 by several River Park members, the group's purpose has always been to serve the Southwest community by providing grants that benefit the neighborhood and its residents. For example, each year a \$1,500 scholarship is awarded to SWNA's Scholarship Fund, and grants have recently been given to Arena Stage for a Southwest youth to attend Camp Arena Stage and to the Southwest Comm-Unity Forum toward the expenses of the July 24 Comm-Unity Day at King Greenleaf Field. Other awards have been made to the

SWNA Youth Activity Task force and the Pearl Coalition with grants totaling over \$9,000 in 2009.

At the July 20 meeting, it was also decided that a special award, in memory of beloved community activist Margaret Feldman, would be made to Arena Stage's Voices of Now program, which each year trains a group of Jefferson Middle School students in theater skills. Funds for this award will come from donations that donors have especially earmarked for this fund. Keith Melder, an original board member, proposed this award because of Dr. Feldman's commitment to the community's youth.



*To receive an information brochure and the 2009 annual report,*

*please phone Joyce Bouvier at 202-488-4419. An anonymous donor is matching gifts during 2010 up to the amount of \$5,000. Your grant applications and tax-deductible contributions may be sent to Coralie Farlee, president, Friends of Southwest DC, 389 O St. SW, Washington, DC 20024.*

## Southwest Neighborhood Featured in New Book

By Sue Hamilton

It's 1936 in Washington, DC.... Washington City's Waterfront ran from Georgetown, south along the East side of the Potomac River to the Anacostia River. At the Southern most point where the Rivers joined, there was a Village -- Southwest, D.C.

It was a bustling Village... Here there was the Sixth Street Wharf -- where boats landed with produce and fish and crabs from down River and across the Chesapeake. Great quantities of food came to the Market to feed the Capitol City. Passenger steam ferries landed here: the overnight packet to Norfolk and day steamers to Mt. Vernon. Here there was a Village -- a place where you never had need to travel beyond.

It was here in Southwest where Jack Hennessey made his home.

You can read about *The Life and Times of Jack Hennessey in Swampoodle*, a recently

published book authored by P.D. St. Claire (Pen name for Paul Belford.) The book is filled with history of Southwest as it traces the life of Jack Hennessey, an infant refugee of the Great Irish Famine. When the Irish immigrants came to Washington, they settled in a Northeast section of the City called Swampoodle. The story is a triumph of love over blood and life over loss... a life lived to the fullest as the Capitol City goes through boom and bust from the Civil War to the Great Depression.

Fittingly, the Official Book Launch will be held in Southwest at the Thomas Law House at Sixth and Water streets, Sunday, September 26, from 4 – 7 p.m. The event will be a re-enactment of the book's fabulous Fish Roast -- featuring rockfish and crabs -- and Irish Fun! Author Paul Belford will be signing books, which will be available for purchase.

For information, contact Sue Hamilton at 202-333-8076.

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## 7th Street Landing

A series of parks along the Southwest Waterfront, which have long languished from lack of use and care, are getting some attention in the interim planning period for the redevelopment of the Waterfront Area. Hoffman Struever Waterfront (HSW) is plan-

Tyson Pitzer, director of investments for HSW partner Madison Marquette, told The Southwester that the programming for the park is community based.

"We looked to our neighbors for involvement; after all, we [HSW] will be here for a long time, and consider Southwest residents and businesses to be our neighbors." To this end, Cantina Marina and Westminster Presbyterian Church have been tapped to provide food and entertainment, respectively.

According to the official program, the park will provide an "[i]nformal environment for relaxing, enjoying the waterfront [in a] well-managed environment with [a] visible security plan."

7th Street Landing will be completed with moveable furniture such as tables, chairs and chaise lounges to be used by park-goers. Bathroom

facilities will also be available during the park's active time, which will stretch to Oct. 17 this year. After this date, the park will still be available during the winter months, but without the furniture and programming. The community looks forward to new events for this and other Waterfront spaces in the Spring. For specifics, see schedule on next page.



Palm Trees mark the entrance to 7th Street Landing

ning temporary uses for existing parks and for spaces freed up by early demolition of buildings such as Hogate's (which, as we reported last month, will be razed by the end of October).

To start off this promotional program, HSW will be opening 7th Street Landing, a reimagined public use are for the existing park located between the Channel Inn and Zanzibar properties on Thursday, September 9.



A bench invites contemplation at Town Center Park West

## Town Center West Park

By Bob Craycraft

Thanks to the efforts of ANC 6D01 Commissioner Jane Jorgensen and a group of dedicated residents in the Southwest area, the park at Sixth and I streets, SW has been added to the District's Park Partner program.

Completed in 1972 as part of what was then called Southwest Town Center, the West Park was joined by East Park at Third and I streets, next to the library, and the recently-removed Central Park at Fourth and I streets. Most Southwesters informally refer to the park as "the duck pond."

An iconic mid-century design by renowned Philadelphia landscape architect William Roberts, the West Park won immediate accolades for incorporating natural elements of the nearby riverscape into the oft-harsh Southwest urban landscape emerging in the 1960s. Many new residents, in fact, continue to mistakenly think that the West Park was a naturalistic part of Southwest saved from the urban redevelopment projects of that period.

Southwest residents organized in April as Neighbors of Town Center West Park with the short-term goal of a thorough cleaning and debris-removal effort, followed by a long-term plan to restore the park's woodland landscaping plan and find resources to restore the park's rapidly deteriorating brickwork and drainage systems, both neglected since 2007. The first work group

was formed in May, and regular cleanup events continue to be held the second Saturday of each month from 10 a.m. – noon.

In August, the Neighbors finished their goal of trimming shrubbery and removing low-hanging tree branches in an effort to open sightlines from each of the perimeter streets into and through the park, greatly improving security. A major success this summer was securing District approval for pond and fountain maintenance, achieved by switching contractors. Instead of using the contractor who maintains D.C. swimming pools, the city hired one that specializes in ornamental ponds, with the goal of ducks and other waterfowl returning to the park as the water is gradually returned to a natural – rather than chemical – balance.

The Park Partner program opens the pathway to the Neighbors' goal of establishing a public-private partnership to manage landscaping and other needs for the park beyond that provided by the District's Department of Parks & Recreation, as well as seek private funding for the park's restoration.

For more information on how to support the efforts of Neighbors of Town Center West Park, please send an e-mail to [swdctowncenterwestpark@gmail.com](mailto:swdctowncenterwestpark@gmail.com), follow the group on Facebook at "Town Center Park West, SW Washington, DC," or call 202-207-1079.

## The Yards Park

Among the parks planned for Capitol Riverfront, our neighbors to the east, The Yards Park and Canal Park will serve as principal anchors. The Yards Park makes the Anacostia Riverfront accessible and links it neatly to the new retail and residential areas of the Yards while Canal Park will connect the new mixed use area between South Capitol and Second streets to the Capper Carrollburg Redevelopment, including the Capitol Quarter Townhouses.

The Yards Park will officially open to the public on Friday, Sept. 10 with a three-day event-filled celebration in Capitol Riverfront (see calendar on next page). Forest City has been working diligently on the park for many months. The nearly six-acre space includes green areas, walking paths, a boardwalk and expanded Canal Basin with a pedestrian bridge, as well as a light tower. Marinas and piers will finish off the park in the near future. The site remains key to the huge Yards Project, which will bring 1.8 million square feet of new office space, 400,000 square

feet of retail shops and dining places, and 2,800 residential units for sale and lease to a 42-acre area. Most of the land was once part of the Navy Yard and now backs up to the new Department of Transportation building on M Street.

While this issue of The Southwester was being



The majestic bridge at the Yards Park

prepared for publication, I was able to attend the ribbon cutting of The Yards Park on September 7. My first impression of the park was very positive. It is a first class addition to the community and will surely prove to be a major destination point in the city. —Editor.

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Canal Park hosted a ground breaking on August 31 with Mayor Adrian Fenty, together with the many election-year faces in city government, on hand to shovel the first dirt on the site that formerly served as a school bus parking lot. The park will take about a year to complete and will feature a restaurant pavilion, winter ice skating rink and fountains, as well as flexible lawn space for community events, farmers' markets and outdoor performances, according to a D.C. government press release.

Since it will occupy three city blocks divided by trafficked streets, Canal Park will become an interesting urban feature. According to the aforementioned press release, the park will also stand out as "a national model for sustainability, incorporating a number of green features including: storm water management systems that will reuse onsite and surrounding storm water; geothermal heating and cooling; electric vehicle charging stations and the use of emissions-free maintenance equipment. The restaurant pavilion expects to achieve LEED gold or platinum certification

## Canal Park



Entrance to the future Canal Park on Second and M streets, SE, to be completed within a year.

and the park project was chosen as a pilot for the national Sustainable Sites Initiative."

### EVENTS schedule

**FRIDAY  
SEPT  
10** **3:30 PM – 11:00 PM**

- Live music from local and regional bands
- Art Whino Beautiful Minds art show
- Food tasting and beer garden
- Nationals post-game fireworks
- Fountains, water wall, and river views

**SATURDAY  
SEPT  
11** **9:00 AM – 10:00 PM**

- Kids' entertainment, crafts, and games
- Art Whino art show and demonstrations
- Free fitness classes
- Doggie social and contests at Dog Run
- Live music from local and regional bands
- Trapeze School show and demonstration
- Food tasting and beer garden
- Fountains, water wall, and river views
- Fireworks Show

**SUNDAY  
SEPT  
12** **10:00 AM – 1:00 PM**

- Picnic in the Park
- Jazz performance
- Fountains, water wall, and river views



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 SEPT. 30: THE ALLYN JOHNSON QUINTETT  
**REFRESHMENTS BY DISTRICT DOG HOUSE**

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 REFRESHMENTS BY DISTRICT DOG HOUSE

**SATURDAYS 10AM TO 8PM**  
 SPECIAL PROGRAMMING FROM THE DC COMMUNITY  
 BEAN BAG TOSS, TABLE TENNIS, BOCCIE  
 REFRESHMENTS BY DISTRICT DOG HOUSE

**SUNDAY 11AM TO 5PM**  
 AT 7TH AND WATER STREETS  
[WWW.FACEBOOK.COM/7THST.LANDING](http://WWW.FACEBOOK.COM/7THST.LANDING)

## High-Tech Southwest

By Raymond Schillinger

### Protecting Your Identity Online

Let's face it – the Internet is a fantastic and nearly indispensable tool for modern life. As with any tool, however, there are certain precautions you must take to protect your safety.

The biggest threat comes from data thieves known as "phishers," who utilize a variety of techniques to try to steal your personal information, whether it is your passwords, credit card details, or even Social Security Number. The best way you can protect your information, of course, is to never give it out to anyone. Unfortunately, there are instances when it is unavoidable to enter a piece of your personal information. In those cases, double-check the address of the website or form that you are accessing to ensure it is legitimate. When in doubt, call the merchant or institution directly and ask them to walk you through the security verification.

Stealing sensitive data, however, is not the only common online threat these days.

In the last five years, the meteoric rise of "social networking" has dramatically changed the way we share personal information about ourselves online. Sites like Facebook and Myspace offer an easy and fun way to connect with long-lost friends, distant relatives, or even your closest neighbors and co-workers.

What you may have overlooked, however, is who *else* can see the information, photos, or comments that you have uploaded to your account. Private employers as well as the Federal Government have openly admitted to searching online social networks as part of background checks for hiring. Even thieves have turned to sites like Twitter, which offer instant snippets of a person's whereabouts and thoughts, to plan robberies while the owner "tweets" away from home.

There are simple steps you can take, however, to preserve your privacy – and safety – in the social networking realm.

Facebook has recently introduced a slew of new privacy settings that allow you to customize how your profile appears to specific friends, as well as to the rest of the inquisitive world. If you have a Facebook account, be sure to check all the settings to ensure that they reflect your preferences. And as for Twitter and the plethora of other social networks, utilize common sense when updating your status to avoid revealing potentially harmful (or embarrassing!) information.

*Raymond Schillinger is a technology consultant and the author of a tech-themed blog at [www.technosophe.com](http://www.technosophe.com). He can be reached directly at [techcorner@technosophe.com](mailto:techcorner@technosophe.com).*

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Health, Fitness and Nutrition



# New Data on Swimming and Weight Loss

By Derrick Inglut

Many people view swimming as one of the best ways to burn fat and calories with minimal impact on the body. For the most part, this is true. However, recent studies show that swimming, especially in cold water, can actually raise body fat levels. To me, this is an especially interesting topic given the fact that I like to spend time in the pool doing laps every now and then.

While swimming itself is an extremely demanding exercise that utilizes nearly all major muscle groups and places a vigorous demand on your cardiovascular system, it is a less than ideal method of achieving weight loss. So where's the proof here? Unfortunately, my fellow fitness enthusiasts, I must admit that there is a wealth of recent studies that back these claims. I will only dabble in a few in this article.

One study conducted at the University of Florida showed that swimming in cold water tends to influence appetite and calories consumed post swim. The randomized study of 11 men who exercised for 45 minutes in 20 degrees Celsius (cold water) and 33 degrees Celsius (neutral water) on separate days showed that the men ate 44% more calories on days they swam in cold waters versus days they swam in neutral temps. Swimming in cold water can in fact burn calories at a rate faster than most traditional exercises resulting in a rapid drop in blood sugars and dramatically increased hunger after the swim.

The usual result is overeating to compensate for the rapid loss of calories.

Another study published in the *American Journal of Sports Medicine* compared the physiques of collegiate swimmers versus colligate runners of the same age group. Detailed diet logs showed similar diets between the two groups but provided little insight as to why swimmers bodyfats were so high. This left researches stumped as to why swimmers have such higher bodyfat. See the table below.

	Runners	Swimmers
Men	7%	12%
Women	15%	20%


My personal theory suggests that the body, in an effort to maintain its 98.6F temperature, increases bodyfat thickness to stabilize its core temperature. Your body's organs are very sensitive to temperature change, and fat acts as an insulator to sudden changes in external temperatures. If you think about it, it all makes sense. Mammals which have evolved over generations at sea and in cold temperatures hold our proof. Sea Lions. Penguins. Walruses. Whales. What do they all have in common? - constant exposure to extremely cold waters. As a result, their body

has produced a layer of bodyfat so thick, it still remains even during times of low food supply. It's also a known fact that many pro female swimmers have also fought excessive weight gain in an effort to be more competitive. Their remedy usually involves training outside the pool to reduce their bodyfat levels.

Lastly, another study conducted by Proffessor Grant Gwinup for the American College of Sports Medicine provides us with the final blow to our hope of swimming as a means of weight loss. It involved a medium sized study consisting of healthy middle age women who were assigned to either brisk walking, stationary bike or swimming over a six month period. All were participants were allowed an unrestricted diet. While the walkers lost about 10% of their weight and the cyclists 12%, the swimmers didn't lose anything. This could be due to the swimmers consuming too many calories post swim but we will never know for sure.

I suppose that puts the final nail in the coffin for swimming as an effective means of weight loss, but still, if swimming is something you enjoy doing, do not discontinue it. Keep it going. It's certainly better than no exercise at all.

*Derrick Inglut is a personal trainer who writes on fitness and nutrition. His website is derrickinglut.com.*



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## Westminster Wellness Wednesday Open House Wednesday, Sept. 22, 5 p.m. – 8 p.m.

The public is invited to drop by during the Open House hours to sample a variety of wellness opportunities. The schedule will include:

Pamela Wilson leading a demonstration of Seated Yoga for Every Body.

Claire Trivedi leading some Laughter Yoga (she'll just be getting back from a New Mexico workshop with renowned laughter yoga guru Madan Kataria, who is featured in a recent *New Yorker* article).

Alex Rosen will lead a regular session of Sam-poorna Hatha yoga from 7 p.m. – 8 p.m.

The classic 7-circuit labyrinth will be open for walks throughout the Open House.

The weekly Narcotics Anonymous SW Free

Way meeting will be held downstairs from 7 p.m. – 8 p.m.

There will be a tai chi demonstration with Manifest Ra.

A still life display will be set up for those who would like to come and sketch.

The Rev. Ruth Hamilton will be available for a personal time of prayer and Riva Wine will also offer healing energy sessions.

The Open House will also feature first-come, first-serve \$20 styling cuts by Jacqueline.

Light refreshments will be served throughout the Open House.

*For more information, contact Rev. Ruth Hamilton at 202-641-8221.*

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## Spirituality

## St. Augustine's to Host Blessing of the Animals

By Elaine Graves

The Rev. Martha Clark, priest-in-charge of St. Augustine's Episcopal Church, invites Southwest neighbors to bring their pets to receive blessings in honor of St. Francis of Assisi at 4 p.m. on Saturday, Oct. 2 on the church's corner lawn at Sixth and M streets, SW, across from Arena Stage.

"Even if you don't have a pet, bring your favorite stuffed animal," said Clark. "This will be a fun and festive occasion, and there will be treats for all pets and their human caretakers and friends."

"It is said that St. Francis loved to preach to the birds," continued Clark. "There won't be any preaching. Just a chance to celebrate and bless your pets and get to know other Southwest pet owners."

All creatures, great and small, leashed or crated, are welcome.



*During last year's Blessing of the Animals, the Rev. Martha Clark, kneeling, offers a treat to a reluctant Hanna being reassured by her owner, Southwester Monica Evans.*

## St. Augustine's Episcopal Church Announces Fall Faith Formation and Adult Education Programs Open to All

### Forms of Ancient Prayer: Tuesday Evenings

"Our Tuesday evening prayer service from 6:30 p.m. to 7 p.m. is designed for people to drop in and collect themselves after working hard all day. The Daily Office of Evening Prayer is an ancient way to pray together going back to the Jewish practice of saying prayers at fixed times, a tradition that was taken over by the early Christians," explained the Rev. Martha Clark, priest-in-charge, St. Augustine's Episcopal Church at Sixth and M streets SW.

"It is a quiet and peaceful time, and a good chance to collect oneself before going home," Clark explained, "and a time to pray for your family, your co-workers and your community." The evening prayer service is introduced by a blessing of light and includes readings from the psalms and other Scriptures.

On the last Tuesday of each month following Evening Prayer from 7 p.m. to 8 p.m., there is the ancient method of prayer called Lectio Divina. This is a time of meditation on a short passage of scripture or other holy writing and an invitation to listen for God speaking to us through the words of the text. Lectio Divina flows naturally into another ancient prayer form, Centering Prayer, in which the mind and body rest in the presence of the Holy One, according to Clark.

### Bible Study: Thursday Evenings, Oct. 7 – Dec. 16, 6 p.m. – 7:30 p.m.

This 10-week bible study focuses on Luke's Acts of the Apostles, the story of the earliest Christian communities: its leaders, successes and challenges, and the spread of Christianity throughout the Roman Empire. Resources will be the Revised Standard Version of the bible, the PB special on Peter and Paul and excerpts from contemporary biblical scholarship.

The first Wednesday of each month, **Art & Spirit Coffeehouse** programs highlight the lives and creative work of local D.C. artists, many of whom reside in Southwest, as they express, through different mediums, the fundamental experience of what it means to be human and co-creators with God's divine spirit. Refreshments served. On Oct. 6, the Rev. Nancy James, an expert on the life and writings of 17<sup>th</sup> century mystic Madame Jeanne Guyon, will discuss her relevance to 21<sup>st</sup> century's stressful times, in a talk titled "Spirituality for a Busy Life: the Pure Love of Madame Guyon."

The **Grounds for Discussion** Forum on the fourth Sunday of each month from 11 a.m. – noon, features speakers on local, national and global issues that challenge us both as citizens and as people of faith. Guest speakers will include writers, educators and civic and church leaders. The next speaker, appearing Sept. 26, is Joslyn Williams, president of the Metropolitan Washington Council, AFL-CIO. She will discuss "Social Justice: The Alliance between Labor and Justice."

## Neighborhood Religious Services

### Galilee A.M.E. Church

Worshipping at St. Augustine's Episcopal Church, 600 M St. SW  
(202) 258-6812  
Rev. S. Isaiah Harvin  
sisaiahharvin@yahoo.com  
**Sunday:** 2 p.m.  
**Wednesday:** Bible Study 7:30 p.m.

### Bethel Pentecostal Tabernacle of the Assemblies of God

60 I St. SW  
(202) 484-3184  
Pastor Robert Carter  
tizdtw@yahoo.com  
**Sunday:** 10:45 a.m.; Friday:  
Prayer and Bible Study: 8 p.m.

### Carron Baptist Church

1354 First St., SW  
(202) 484-3172  
Pastor Lester W. Allen  
**Sunday:** 11 a.m.  
**Tuesday:** Noon Day Prayer, 7:30 p.m. Bible Study

### Friendship Baptist Church

900 Delaware Ave. SW  
(202) 488-7417  
Rev. Dr. J. Michael Little, Pastor  
Rachel McNeal, Admin. Asst.  
crachel522@aol.com  
**Sunday:** 9:30 A.M., Sunday School;  
11 a.m. Morning Worship  
**Tuesday:** 7 p.m. Prayer Service and Bible Study

### Riverside Baptist Church

Seventh St. and Maine Avenue SW  
(202) 554-4330  
Pastor Michael Bledsoe,  
pstrbled@comcast.net  
**Sunday:** 10 a.m. with Bible Study at 9 a.m.

### St. Matthew's Baptist Church

1105 New Jersey Ave. SE  
(202) 488-7298  
Rev. Dr. Maxwell M. Washington, Pastor  
Gwendolyn Coleman, Office Asst.  
praisethelord1820@yahoo.com  
**Sunday:** 8 a.m. Sunday School;  
9:05 a.m. Worship Service  
**Tuesday:** 7 p.m. Prayer Meeting & Bible Study

### Second Baptist Church Southwest

1200 Canal Street SW  
(Corner of First and M streets SW)  
(202) 484-3112  
Reverend James Jones  
Reverend Carl V. Messiah  
sbcsw@aol.com  
Summer Schedule for July & August  
**Sunday:** Church School 8:30 a.m.,  
Morning Worship 9:45 a.m.  
**Wednesday:** Prayer Praise Bible Study  
12 noon and 7 p.m.

### Second Union Baptist Church

1107 Delaware Ave. SW

(202) 484-7012

www.secondunionbaptistchurch.org  
Rev. William Harrison, Pastor  
secondunionbaptist@yahoo.com  
**Sunday:** 9:30 a.m. Sunday School, 10:45 a.m. Worship  
**Wednesday:** Noon Day Prayer, 3:30 p.m. Senior Bible Study (Greenleaf), 7:30 p.m. Prayer & Bible Study

### St. Dominic Catholic Parish

603 E St. SW  
(202) 554-7863  
Father Gregory Salomone, O.P.,  
fathergreg@speakeasy.net  
Denise Marshall, Parish Receptionist & Admin.  
Asst., receptionist@st-dominic-church.org  
**Saturday:** 5:15 p.m. (Vigil of Sunday)  
**Sunday:** 8 a.m., 10:45 a.m., 12:15 p.m.  
(Spanish), and 5:15 p.m.  
**Weekdays:** 8 a.m. and 12:10 p.m. in the Church  
(There are no Masses on federal holidays)  
**Reconciliation:** Monday – Friday 11:55 a.m. -  
12:10 p.m.; Saturday 4:30 p.m. – 5 p.m.

### St. Vincent de Paul Catholic Church

14 M St. SE  
(202) 488-1354  
Fr. Richard Gaucanyco  
**Sunday:** 8 a.m.  
**Mon., Tues., Thur., Fri.:** 12:10 p.m.

### St. Augustine's Episcopal Church

600 M St. SW  
(202) 554-3222  
Rev. Martha Clark  
marthakclark@yahoo.com  
**Sunday:** 9:30 a.m.  
**Tuesday:** 6:30 p.m. Evening Prayer

### St. Matthew's Lutheran Church

Worshipping at First Trinity Lutheran Church, 501 Fourth St. NW at Judiciary Square  
(410) 375-5053 (cell)  
Pastor Phillip Huber  
pchuber@hughes.net  
**Sunday:** 10:30 a.m.  
**Wednesday:** 6:45 p.m. Sing & Rejoice  
**Thursday:** 6 p.m.: Bread and Soup, 6:45 p.m. Evening Prayer

### Christ United Methodist Church

900 Fourth St. SW  
(202) 554-9117  
Rev. Adrienne Terry  
ChristUMCDC@yahoo.com  
**Sunday:** 10 a.m.  
**Thursday:** 12 noon & 6:30 p.m., Bible Study

### Westminster Presbyterian Church

400 I St. SW  
(202) 484-7700  
Co-Pastors: Rev. Ruth Hamilton and Brian Hamilton  
Sunny Simmons, Project Admin.  
sunny@westminsterdc.org  
**Sunday:** 11 a.m. with choir practice at 9 a.m.

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## Young Adults Win Third Basketball Championship

By Dale McIver

The young adult basketball team that won the SW Summer League Championship, named "BMAD", chalked up its third consecutive SW basketball championship.

The eight week summer league basketball tournament ended in a hotly contested game Friday night September 3 at King-Greenleaf Recreation Center's outdoor court. Runner-up was the regular season leading team from Ferebee Hope Recreation Center in Washington Highlands.

Coached by C. Turner, the BMAD team won the winter league tournament last April on the indoor court at King-Greadleaf Recreational Center, and also won last summer's games.

Most Valuable Player award for the tournament went to B. "Skywalker" Igbedion. A sensational three point score in the last 17 seconds of the game, was made by BMAD player P. Franklin.

The 2010 tournaments were sponsored by SashaBruce, as part of a program called "Group-Then Hoop" providing social services to SW young adults.



*Basketball Champions! Holding up three fingers to symbolize their Three-peat are the BMAD team, champions in the SW "Group, Then Hoop" Summer League, and two earlier tournaments. Back row, left to right are players A. Gillis, J. Matthews, M. Watson, Coach C. Turner, two bystanders, player M. Mack with his black jersey over his shoulder, and a bystander. Front row, left to right, players G. Toney, M. Johnson, MVP B. "Skywalker" Igbedion, with player M. Washington leaning over him.*

## St. Augustine's Grounds for Discussion Program to Highlight Workers and the Faith Community's Social Justice Issues

Joslyn N. Williams, President, Metropolitan Washington Council, AFL-CIO, and a Southwest resident, will discuss "Social Justice: The Alliance Between Labor and the Faith Community" on Sunday, September 26 at 10:45 a.m. St. Augustine's Episcopal Church at 600 M Street, SW, hosts the Grounds for Discussion program. It is free and open to the public and includes light refreshments. An audience Q&A follows the presenter's talk.

Williams is the first African-American president of the Metropolitan Washington Council, AFL-CIO, elected initially in 1982 and every three years since. Formerly, he was the Director of the American Federation of State, County and Municipal Employees, (AFSCME) Council 26, and, as an employee at the Library of Congress, he increased membership in their union threefold.

He served as the Assistant Director of the AFL-CIO Department of Field Mobilization, is a member of the AFL-CIO Central Labor Council Advisory Committee, and is a former regional director of the Coalition of Black Trade Unionists. He is a labor member of the Workforce Investment Council in DC, and is on the board of the American Civil Liberties Union (ACLU) of the National Capital Area, the DC Convention Center Authority, and the Ward 8 Workforce Development Council and co-chairs the DC Labor FilmFest.

He has served in the District of Columbia as a member of many boards and commissions including the Tax Revision Commission, the Unemployment Compensation Study Commission, and commissions that developed proposals for health care coverage, telecommunications and cable television.

He was an election observer for the first uni-



*Joslyn N. Williams, President, Metropolitan Washington Council, AFL-CIO*

versal elections in South Africa, and has traveled extensively in Europe, Africa and Central America representing the AFL-CIO. He is a native of Jamaica.

*Grounds for Discussion is a community speaker forum offered by the church on the last Sunday of each month from 10:45 a.m. to noon. It focuses on local, national and global issues that challenge us both as citizens and people of faith, according to the Rev. Martha Clark, priest-in-charge at St. Augustine's. Guest speakers will include writers, educators, and civic and church leaders.*



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